

# The Nurse's Role in Alcohol Screening and Brief Intervention (aSBI): An FASD Prevention Strategy

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# The Presentation Team

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# Learning Objectives

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1. Describe how the evidence-based strategy of alcohol SBI can be used to help reduce the risk of an alcohol-exposed pregnancy;
2. Describe the unique role nurses have to prevent alcohol-exposed pregnancies and FASD; and
3. Describe how information gathered from an environmental scan will be used to educate nurses on their role in preventing alcohol-exposed pregnancies using alcohol SBI.

# Background – At-Risk Alcohol Use

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Costly public health issue and contributing factor to numerous medical conditions and societal problems

- Alcohol-exposed pregnancies (AEPs)
- FASDs

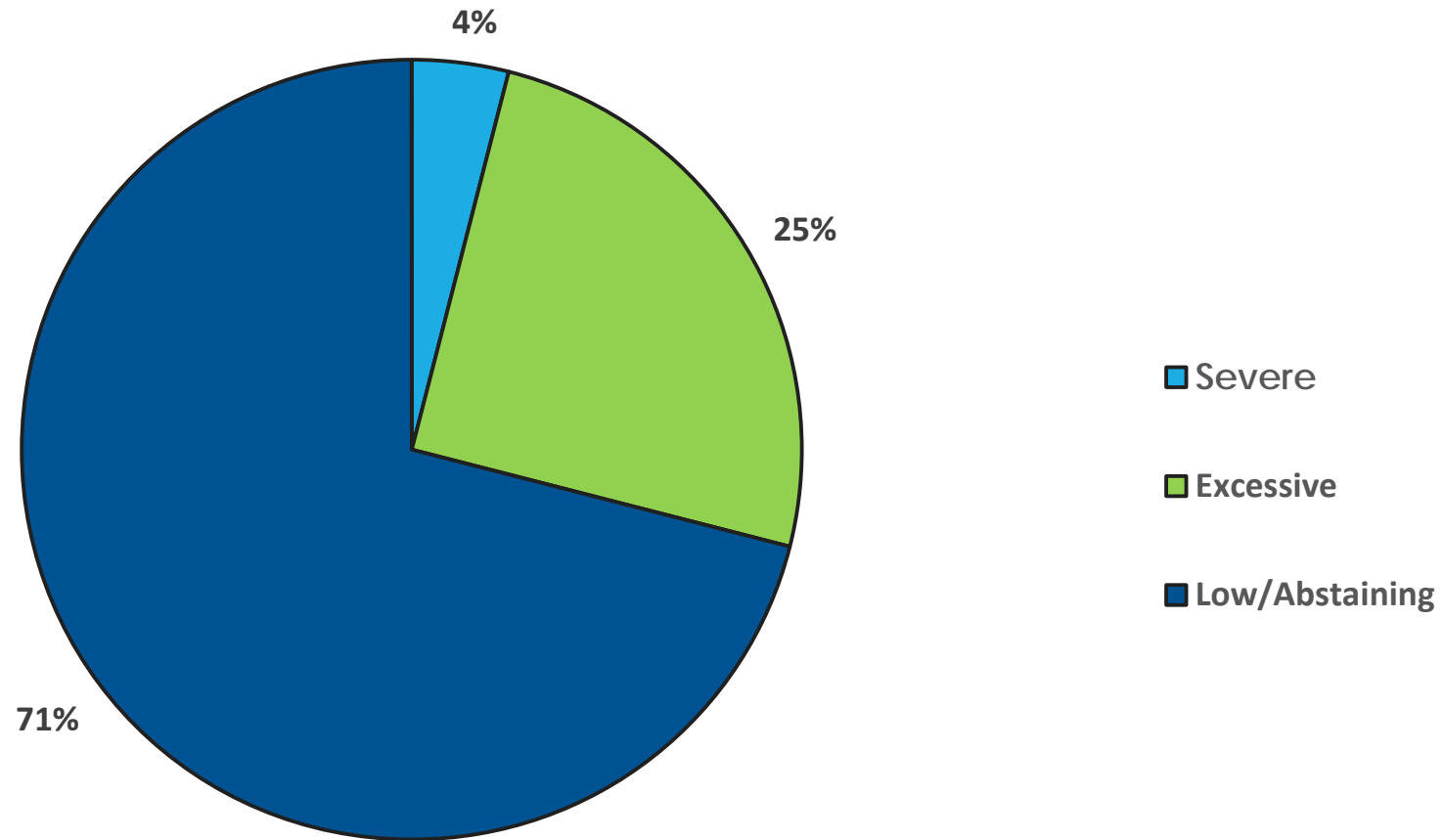
Fewer than 1 in 6 Americans discuss drinking habits with a health professional

Universal screening for risky alcohol use recommended to more effectively and consistently address alcohol use

- Alcohol screening and brief intervention (aSBI)
- Supported by Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration (SAMHSA)

# Alcohol Consumption Patterns (U.S. Adult Prevalence)

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Dawson et al., 2004; Grant et al., 2004

# What Is Alcohol SBI?

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A public health model for preventing alcohol-related harms, including AEPs

Identifies individuals who may be consuming alcohol at levels that place their health and well-being at risk

Consists of:

- Use of a validated screening tool, such as the AUDIT US
- Brief, awareness raising, motivational, collaborative, and educational conversation/intervention

Evidence-based

- 30 years of research
- Effective at reducing amount of alcohol consumed
- Supported by the U.S. Preventive Services Task Force, CDC, and the SAMHSA

Combined with discussions about desire for pregnancy, effective contraception, can reduce the risk of AEPs.

SBIRT is a variant of this model

# Identified Barriers To Implementation

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Lack of provider time

Lack of training

- Lack of comfort
- Lack of confidence

Lack of resources

A belief that patients will not take advice to change their drinking behavior

Fear of offending patients by discussing their alcohol use

# Project Goals

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Increase provider knowledge about AEPs, FASDs, and prevention measures

- Focus on nurses

Partner with healthcare systems and national partners to implement the evidence-based practice of alcohol SBI as a universal screening measure amongst all patients

Prevention through partnership

- Centers for Disease Control and Prevention
- University of Pittsburgh School of Nursing
- University of Alaska Anchorage
- University of California San Diego
- Nurse Champions



# The Nurses' Role in Prevention

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Largest, most trusted group of health care providers

Involved in the provision of nearly all health care

Work in a variety of practice settings

Best placed to:

- Identify women who may be at risk for an AEP
- Deliver evidence-based interventions to women
- Provide referrals where warranted
- Work with families to prevent AEPs and FASDs

# What Do Nurses Know About aSBI, AEPs, FASDs?

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Environmental scan undertaken

Used to identify evidence-based information and training materials on AEPs and FASDs

186 documents reviewed and rated related to:

- Nursing
- FASD competencies
- Hierarchy of evidence
- Relevance and sustainability

Established a baseline of existing educational opportunities for nurses

# What Do Nurses Still Need To Know?

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Improve and expand nurses' knowledge, skills, and attitudes related to alcohol SBI for AEP and FASD prevention

Address barriers related to nursing professionals talking with their patients about their alcohol use

Alcohol SBI training specifically geared for nurses working with women of childbearing age in order to prevent FASDs

# What Next?

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Collaborate with national nursing organizations to:

- Adopt/revise position statements
- Educate membership on AEPs and the evidence-base for prevention

Partner with healthcare systems to:

- Implement alcohol SBI into the standard care of practice
- Train healthcare professionals (specifically nurses) on how to screen and briefly intervene with patients

Develop resources:

- Toolkits for nurses and nurse champions
- Literature
- Centralized website for alcohol SBI, AEPs, and FASD information through CDC
- Online courses through CDC's centralized website

# References

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